# THE POCAHONTAS TIMES

Entered at the Postoffice at Marlinton, W. Va., as second class matter

CALVIN W. PRICE, EDITOR.

THURSDAY, MARCH, 14, 1918


Blow, bugle, blow, thy faint, far tones are wailing;
Blow, bugle, blow, the Daylight Bill is failing;
Broken, bruised, and beaten, in a legislative melee;
Blow, bugle, blow, and sound that old reveille;
Blow, bugle, blow, voice that pathetic warning—
I can't get 'em up, I can't get 'em up, I can't get 'em up, in the morning.

As we write this it looks like that legislative, pious piece of camouflage called the daylight saving bill was being postponed out of existence. Anyway, they have frittered away the dark part of the year when it would have been of more importance. Forward, turn forward, oh time in your flight, get me up earlier, nearer day-light!

An intellectual was mildly critical and skeptical about the wisdom of the proposed law which made high noon come at eleven o'clock, and she pretended to ask us to explain it to her. We answered her in pure Kant: "The cosmological idea is either too great or too small for the empirical regress in a synthesis, and consequently for every possible conception of the understanding." That was some food for reflection. We did not mean nothing by it but she did not warm up to the discussion. All we meant was that doubtless Joshua caused the sun to stand still but that no one had ever been able to understand how he did it, and even if there was a person that understood it, he would be unable to convey the information to another.

The best example of the day-light saving bill is the experience that this town has had this winter. After suffering from electric lights for some time, the plant burned down and there was darkness. Then the people all began to take an interest in when the sun rose and when the sun set, and worked by the sun all they could and managed to get along pretty well and the days have lengthened until a pretty fair day's work can be done by natural light.

The political economists reason that the habits of the people are such that if the clocks are changed one hour that the day's work will begin an hour earlier than common, and there will be an hour more at the end of the day to spend in some side employment such as cutting, wood, catching fish, making garden, rocking the baby and the like.

They are probably right about it. We take no note of time save by the blowing of the whistles. Early to bed and early to rise, makes one healthy, wealthy and wise. Then for the sage remark: Earlier he was late, but of late he has been early

The only sure thing that we ever heard in regard to early rising was an old time doctor's double-shot pills. He made a pill of ordinary strength and inside that placed a smaller pill of such terrific force that there was no resistance possible. If the milder medicine brought relief the wicked little pill was disposed of automatically. But if the the patient's case was in need of desperate remedies, it was there ready to play the part assigned to it.

The day-light bill will mean nothing in our young life. Not being possessed of a conscience dulled and denied, we regularly wake up when the first sign of dawn shows, and commence to raise touuble in what ever camp we happen to be in. We take no credit for this, for we have always envied those persons who can sleep long, and who can go without sleep for long periods. It is a rather feverish life to lead, to try to beat the never tiring sun every morning.

The rooster believes that if he did not crow in the morning that the sun would not rise, so he has the early morning job of hoisting the sun in the heavens. That is the reason that he is so earnest about his work in the mornings.

The young fellows think that they have ripping good times now, and that they laugh and cut up a good deal. But they are a mighty sober, quiet set to what men were twenty or thirty years ago when the State was wet, and they went in herds. They would gather in the cities in the State on some pretext or other, with the ulterior motive of drinking down and whooping up. Of course they paid double and compound interest for their good times, and those that escaped early death did so more by good luck than good management.

They are dead to that life. The golden bowl is broken and the silver cord loosed. We have all become puritans, and each one has gone into his own shell. One of the old timers with a heart of gold, sent a message by word of mouth, wanting to know if there was not some way to live once more as we did in the dear, dead past. That is not the way he put it by a whole lot. It was something about the heluva of a time.

In those days the hotel keepers thought nothing of putting eight or ten men in one room. Every roo m was a camp, named for the home county, Greenbrier, Braxton, Webster, Pendleton, Nicholas, and all the rest had their bunches there. Ab ou the time that the birds began to twitter on the out side, the day would begin on the inside. You had no time it those days to wind your watch. It was the life of the herd. Some were sober and some were full but all were tolerant.

A classic call was: "Night's candles are burned out, and jocund day stands tip-toe on the misty mountains' top." Our favorite was:

"Awake, for morning in the bowl of night,
Has flung the stone which put the stars to flight,
And lo, the Hunter of the East has caught
The Sultan's Turret in a moose of light."

But there is one selection that they all knew and it was always forthcoming:

"It's R E M O R S E,
The water-wagon is the place for me.
It is no time for mirth and laughter,
In the cold grey dawn of the morning after."

This is what they call sighing for the flesh pots of Egypt. It is a most hopeless thing to do for if you went there now you would find that it was a meatless day. All that would be for sale would be something like the Dead Sea apples that look very good but which turn to dust and ashes in the mouth.

Most people are getting to be like the old Scotchman who lived fourteen miles from Glascow, and who said that he had often thought of making a trip there, but had never done so, as he did not know whether he would like the town or not.

If it please Congress this week or next to pass a day-light saving bill, it will find us prepared, for our watch does not run down of late years. Those that stay at home seek the consolations of work, and those that crave excitement follow the paths of war. It is all in a day's work, and so our years go on.

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A blue bird showed up the other day and Major Elkins announced that he was a candidate for the Senate. Both followed hereditary along beaten paths.

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If six candidates come out for the nomination for United States Senate how many votes will it take to nominate?

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One of the common forms of indoor sports is to liken enemies to Germans and thus start so nething in the neighborhoood.

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Question: Is it better to be single and go to war, or be married and stay at home?

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Pocahontas County has sent 148 good fighters to the war in the last six months.

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The railroads got simple justice in the passage of the bill to protect their holdings and to turn them back after the war.

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The third loan will be started in April. The money is in sight to take it up, for the reason that people are making and saving more.

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There are some cases in which it is required that to constitute an election that a majority of both the number of persons voting and the amount of wealth represented be counted, either one of which can nullify the the other. The vast majority of the invested money is in the bonds, so it behooves the people to spread the Wars Saving Stamps so that they can make up in numbers what they lack in amount.

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The railroads are catching up. The embargoes have been lifted in many instances and the country is fast becoming normal though most unusually busy.

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There are some strange ducks in in Congress. Instead ef being proud of Hog Island they started in to black-guard it.

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The Hog Island shipyard is one of the wonders of the world. It could not be projected by any other set of men who ever lived. It is an epitome of the greatness of the American people. It is an American investment in which every man, woman and child has a direct interest. The country found the money and there were great men found to undertake the work, and an army of workmen sprang up over night. It is a greater enterprise than the Panama canal. Yet some loose tongued senators saw fit to cast suspicion on this great work, and they went poking along on an investigation, as wise as a pack of old women. Granted that these senators are what they profess to be, the friends of the people, it is time to be again saved from our friends.

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Russia must be one desperate place for a man to live and bring up a family. Pirates, cut-throats, and highwaymen would feel very much at home there, but it is no place for women and babies. It just goes to show the difference between good government and bad government. Sometimes in other countries a citizen will have a touch of the liver, and loose his temper, and run amuck, but he never gets so far gone that he is willing to turn everything loose, and expose his family to lawless men. Government is by the consent of the governed. If the government as represented by the officials gets crooked, they turn them out and try other men until they get some that they can live under. In Russia they are willing to scrap the government at the word of men who are acting like cocaine fiends. Talk about the dead corpse of public credit! It is in Russia. Out of the greatest evil that this generation ever saw—the betrayal of Russia by fools—some good may come. It has shown the other countries the dangers of dissension. Russia is the horrible example.

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Germany is getting to be more and more like the old Confederacy so far as paper money is concerned. Towards the last there could be bought enough currency to paper a house by the expendiuure of a pig or a sheep. We would contribute toward papering the house of Hohenzollern, for that would be most suitable decoration that we know of for the Kaiser's bed room. As Old Bill said to the Kaiser: "You have brought the name of Bill into disrepute."

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## LINWOOD

Plowing and sugar making is the order of the day.

Walter Rhea was at Cloverlick last Saturday.

James Rhea and Austin and Alderson Beale left the 8th for a taining camp. We were sorry to see them go

Billy Doyle, Alddrson Beale, Mr. Louk and his son Clarence were at Cumberland one day last week.

Miss Bessie Taylor was visiting friends at Mace, Sunday.

Harry Smith got his arm very badly hurt while working at the pulp mill at Spruce.

Several people attended the sale at Clover Creek last week.

Rob Dunlap was at Marlinton last week a few days on business.

Mrs. M. M. Crummett of Mingo, was visiting friends here last week.

James Smith war on Dry Branch a few days last week breaking a colt.

We had a very fine sermon last Sunday by Rev. Walker.

Roads are very bad here now and so rough that a dog would break his toe nails off getting over them.

## HOSTERMAN

Plenty of rain and wind, and the snow about all gone.

Feed is getting very scarce in this part but if we can get through the month of March we are good for the rest of the season, as the darkey says.

Paul Golden, of Marlinton, was a business caller in our town this week.

G. E. Gragg, former agent for the C. & O. at this place, was in town recently, We learn that he is teaching a very successful school at Cherry Grove.

Aloy Findley, who has been doing contract work for the West Virginia Pulp and Paper Company for the past two years, was at Cass one day last week on business.

Vanburen Hevener and Page Sutton attended the Fultz sale Saturday and report quite a large sale. Mr. Hevener equipped himself with a grain drill and says he is going to do his part to help win the war.

L. T. Erskine, our agent for the C. & O. railroad Co., we learn, has resigned his position here to accept a position with the C. &. O. at Ronceverte.

## LOCUST CREEK

Many of the farmers have started to plow.

Born, to Mr. and Mrs. C. S. May, February 22, a daughter.

Miss Mildred McKeever spent Sunday at C. S. May's.

Misses Nellie May and Mildred McKeever presented and amusing humorous play here Saturday, entitled, "Wearing Hubby's Pants."

Rev. Mr. Fultz preached an interesting sermon here Sunday.

Misses Eva and Vernie McCoy and Arnold McCoy have returned from a trip to Hinton and other places.

## KILL THE RATS

The State Department of Health desires to cooperate with the Agricultural Department in its efforts to inaugurate a rat killing campaign. Rats not only destroy an enormous amount of food producs but are the means of spreading certain diseases. They breed in manure and feed on garbage as well as on various grains and other food stuffs. Protect your garbage from the approach of rats and scatter manure piles from now on every ten days and you will not only materially interfere with rat breeding but also with the production of flies. It is hopeless to expect to exterminate rats, but their number can be greatly diminished by an active campaign of extermination, and this should be carried on most actively every spring. Catch in traps, shoot, poison, offer rewards to the boys and something will happen.


**Marlinton Milling Co.**

is in position to grind, buy, or exchange your grain on short notice. Prompt and satisfactory service guaraneed. We pay freight charges on return shipments.


## A LONDON AIR RAID

The following is a letter from Mr. E. D. McGarry, a former teacher in the Hillsboro High School and well known by many Pocahontas county people.

Morris Beef Company Limited,
London Bridge Chamber,
6 Borough, High St.,
London, S. E., Jan. 31, 1918.

My dear Mr. Scott:

I have your kind letter of the 7th of December and wish to thank you for the kind words I know you wrote to Mr. Bowers in regard to me. Since receiving your letter I have had a reply from him enclosing one from Major General Sharpe, saying that he regretted there were no commissions now available in the Quartermaster department for which I had applied, for he believed me worthy of the situation. I have since put in my application for the aviation corps here in London, but as yet have heard nothing from it. I hardly know how to express my gratitude to you folks back home for the way you have stood by me. I hope that my efforts may still not be in vain and I assure you that if Uncle Sam can find a place for me in his noble army, I shall endeavor to reciprocate for your confidence by using every ounce of my energy toward helping along the great cause.

Now you wish me to write something that you might publish or read to the students. I hardly feel that I am equal to the occasion of sending a message to the people of Hillsboro, who like all other brave Americans have put their shoulder to the wheel and will spare no effort to bring a complete victory and a lasting peace. However it might be interesting to you to know just what a day in London is like; so I shall give you a day, January 28, 1918

I got up seven-thirty; it is quite dark here as the days are much shorter here than in the States, London being much further north. My breakfast consisted of porridge (oatmeal), a kipper(herring), a few pieces of war bread and treacle (molasses). There is no butter, meat nor sugar. The weather is clear and warm. At eightbtirty I catch the bus to take me to work. You have never seen a bus in the States unless you have been on Fifth Avenue, New York or in San Francisco. It is a large double-decked gasolene car carrying sixteen people inside and eighteen people outside, or rather on the top, which is open to the sky. The whole car is covered with advertisements and is a quaint looking object as it moves rapidly thru the street. In my journey of nine miles I usually ride outside where the air is fresh and one can see over the country.

The first thing that takes my eyes is a long line of women. It is about a quater of a mile long and two deep. It stops at a grocery shop and two or three big blue-coated policemen walk up and down the line to keep order. The people are waiting in line for their quota of meat when the shop opens at nine o'clock. Those lucky enough to be in front will receive about a half pound of bacon each.

From these interesting sights we dodge along through the quaint old London streets toward the heart of the city. We pass the High Gate Archway and the Angel—well known to the readers of Oliver Twist; then on by the Bunhill burying ground which contains the dust of Isaac Newton, John Bunyan, and other notables of history; past the home of John Wesley, the founder of Methodism; the low one-storied Bank of England, with all its treasures; the Royal Exchange; then London Bridge. From here one can see the Ancient Tower of London; also that great modern piece of engineering, the Tower Bridge. Beneath us in the Upper Pool of the Thames, lie at anchor a score or more of big liners, while, like untiring arms the great cranes reach down and take from their holds the produce of the world. It is marvelous to think that ships were anchored in this same pool two thousand years ago—before the birth of Christ.

A few minutes later I have settled down to a day of office routine, from which there is but little cessation, except occasionally to look at a passing plane, balloon or super-dirigible. At six o'clock I start on my homeward journey. The crowded streets are totally dark with the exception of head and tail lights on passing vehicles. People are hurrying to get out of city for the night is clear and the moon will soon be up. Again I see on the dimly lighted sidewalks immense queues of peoples, now four deep and consisting mostly of women and children. But now they are waiting not for meat but in dire anticipation of an air raid. Their head is not at a food shop but at a tube station (subway).

I continue home, eat my supper and sit down to wait in nervous anxiety the inevitable. The moon rises and the sky is still clear. Nine o'clock and still no raid. I walk down to the tube station, the great crowds still hover and shiver at its entrance, but as yet no signs of a raid. I return home. Just as I open the door there is a red flash across the sky in the north, quickly followed by another, then two from the south, and in an instant the whole sky is alight with bursting maroons. It is the first raid warning. I go in side and wait. Ten minutes and I hear the long blast of the policeman's whistle and his calling out, "Take cover! Take cover! "

Again I wait, the silence is intense. At ten-forty the silence is broken by the low thunder of the guns far off. The Gothas are coming in from the south. Nearer, and nearer, I can hear the guns of London's defense opening up. The sky is like a network of fire as the barrage increases. The ground trembles at the measured "boom! boom!" of the guns pearest us. The noise is deafening. Then suddenly there is a lull. The Gothas are overheap. The even noise of their engines is like the sound of a smoothly running flour mill, a loud continuous whir. Then suddenly a sharp whistle and an awful crash. The shock is terriffic, it seems as though the ground is coming up to meet me. I hold my breath for a moment, wondering where the the next one is going. Then the guns start up again drowning the whir of the engines as the planes get further away. I can hear the firing of their machine guns, the British planes have found them. Soon the firing ceases and I go to bed. At twelve-thirty I am awakened by another bombardment, but do not get up. A little later came the bugles which seem to say "All clear! All clear!" I sleep soundly until morning. Such is a day in London.

With best wishes to all.

Sincerely,
E. D. McGarry.

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## THE RED CROSS

### POCAHONTAS CHAPTER AMERICAN R. C.

New members, 102 this month.

Marlinton—Mrs. Elmer Moore subscribing member. Mesdames M. S. Wilson, and E. C. Bush. Master Fred Mark Wilson. Renewals, Misses Lucille and Merle McClintic, E. C. Bush and A. P. Edgar.

Dunmore — Mrs. Margaret Acord, Misses Maybelle Moore and Maude Galford, Mr. Carlon Pritchard.

Greenbank — Mesdames Frank Bloom, M. C. Friel, J. M. Gum, H. C. Pugh. Misses Mabel Gillispie and Ruth Sutton. Messrs. Frank Bloom, Forrest Warwick, John L. Stretch and M. C. Friel.

Hillsboro — Misses Josepaine McNulty, Polly McNeil and Clarice Kennison. Messers. H. W. Harper, Andrew McLaughlin, C. W. Kennison, T. A. Burgess, R. W. Rodgers and J. G. Beard.

Seebert—Mrs. F. G. Hanna, Miss Ruth Hanna, Mr. and Mrs. C. M. Irvine.

Beard—Forrest May.

Lobelia—Mr. and Mrs. N. E. Walton, Gus Walton, Helen Walton, Glen Holandsworth and Orion Townsend.

Donations.

Marlinton—$1.00 by Mrs. M. S. Wilson.

Laurel Creek—Bible class, by Mr. Arbogast, $6.42. He writes this donation will be made each month. Will not other classes follow this good example?

Miss Lucille McClintic, the efficient secretary of the Pocahontas Chapter, has returned after an abscence of two months and will take up her work in this organization. While away Miss McClintic made a special study of Red Cross work, in all its branches, and will use this training in a practical way for the benefit of the chapter.

Secretaries will please address all communications to the secretary of the chapter, such as reports, memberships, dues, etc., and Please send your monthly reports to her office as near the first of the month as possible, and not later than the fourth; the chapter reports are due in Washington the eighth.

The Secretary desires to correct a misinterpretation of a letter from Red Cross Headquarters—it was thought, when read at the office that the text meant all members who had joined before the Christmas drive, such as in July, must renew again at the first of the year in order to be members for the year 1918, this however is not the case and each person will receive a notice two weeks before their membership expires. We regret this misunderstanding very much, since several people have renewed their memberships, if there is any one desires their membership fee returned, please notify the secretary at once; however if you wish it to stand the Red Cross thanks you for your donation of fifty cents (one half years membership.

The Junior Red Cross, in the schools, is progressing rapidly under the management of Mrs. G. W. Sharp, Chairman, and E. C. Smithe, Treasurer. See that your school is enrolled before the session closes. Write for information.

Miss Mary Roberts, teaching the Gibson school, writes that she will organize her school at once, having received already, donations for refugee childrens' garments, which she will report later.

The Cloverlick school has organized a Junior auxiliary, having sent in $11.00 enrollment dues and received their school certificate from the division director. They are giving an entertainment, the proceeds of which, will be used in their work.

Hillsboro has made considerable progress in collecting dues, this school having been closed on account of measles will organize a Junior Red Cross as soon as it reopens. A number of schools have expressed their intention of organizing soon.

The kits which were given the soldiers who left March 8th, were made and filled as follows:—Hillboro, 5; Huntersville, 3; Clover Lick, 1; Durbin, 6: Marlinton, 7; Raywood made 9. Twenty had been filled heretofore. If you want to fill one or more for those who go in the next draft now is the time to get them.

Mrs. W. J. Yeager,
Supt. Publicity.

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# VINOL MAKES GOOD BLOOD

**Positive—Convincing Proof**

Many so-called remedies for anaemia are only so in name. Their makers are afraid to prove their claims by telling what their medicines contain.

The only way to be honest with the people is to let them know what they are paying for. Here is the Vinol formula. When the doctor knows what a medicine contains, it ceases to be a "patent" medicine.

Cod Liver and Beef Peptones, Iron and Manganese Peptonates, Iron and Ammonium Citrate, Lime and Soda Glycerophosphates, Cascarin.

Any doctor will tell you that the ingredients of Vinol, as named above, will enrich the blood and banish anaemia and create strength. When the blood is pure and rich and red, the body is strong and robust.

You can prove this at our expense because your money will be returned if Vinol does not improve your health.

**Marlinton Drug Store**


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## AGRICULTURAL NOTES

By BURT JOHNSON, County Agent

### DANGER! DANGER

Something must be done or the farmers will lose all their efforts in trying to grow corn. It does not make any difference if the corn does look good it should be tested, and now is the time so that you will have plenty of time to make other tests. Because your corn has always grown is no reason that it will grow this year.

W. C. Gardner tested 140 ears, 14 of them grew. Will you be satisfied with a 10 percen stand of corn? If so, you need not test; but if you want a better stand you had better test your corn.

### Help Wanted Now!

We all can't go to war, but we can do our bit at home, and here is a big thing that we can do. Test corn. Go out and help your neighbor test. Do this for the sake of your country. Do not wait until May, it will be too late then.

Several farmers in the county have purchased silos. Now is the time to plan so that you can put up a silo this year.

Are hogs a paying proposition in Pocahontas county? One farmer says it is costing $4 per month to feed a hog. These hogs were farrowed last year and are being carried over to be butchered next winter. These hogs will weigh about 130 pounds May 1st. Allowing six months to feed at $4 per month, it cost $24 to winter a hog. If the hogs are following cattle that are being fed corn it will not cost so much to feed them. Every farmer in the country ought to raise some hogs, but should use good methods in doing so. Swine should farrow in latter part of March or first of April, then feed well during summer, keep pigs growing, butcher the following winter.

Grain is scarce and expensive this year ank for this reason you ought to have lots of good hog pasture for your hogs. Sow 1 bushel Canada field peas, I 1-4 bushels oats and 3 pounds dwarf Essex rape per acre. Sow as early as possible.

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## ARBOVALE

We had quite a wind and snow last Sunday, The wind blew a sugar tree across Sandy Patterson's camp, but nothing hurt but the camp.

J. B. Orndorff is ready for sawing. Russell Crowley has been working for him, and Lawrence Conrad will do the firing.

J. W. Hollen passed through town Monday on his way to mill. John says he must eat if sugar is high.

Lanty Wooddell is making sugar at R. J. Brown's.

Bud Arbogast went to Durbin last Sunday to see his wife, who has been staying with their daughter, Mrs. Clarence Flynn.

Born, to Mr. and Mrs. R. W. Brown, March 3, a daughter.


**We want your**

Hides,
Pelts,
Bees-wax,
Ginseng,
Wool,
Tallow,

Furs and any junk, such as rubber, old iron, scrap metal, old rope and paper stock. You can get the highest prices from

**POCAHONTAS JUNK CO.**
**Marlinton, W. Va.**
Mutual Phoue
Price List gladly furnished on request

L. O. SIMMONS
BICYCLE REPAIR SHOP
Marlinton, W. Va.


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## U. S. FOOD ADMINISTRATION

The following message was given out by E. W. Oglebay, Federal Food Administrator for West Virginia.

"To the people of West Virginia:

Kindly change the rules given out by me a short time ago so as to change breakfast from a wheatless and a meatless meal to simply a wheatless meal except on Tuesdays. Eliminate the porkless Saturday. Let all the meals on Tuesdays be meatless as far as beef, veal and pork and all cattle and hog products are concerned, but let mutton and lamb be used on that day by anyone so desiring. Let this rule apply to restaurants and hotels as well as to homes.

"To the people of West Virginia I extend my most sincere congratulations on the fact that their cooperation has been of assistance in making these new directions possible. The Food Administration has saved meat, of that there can be no possible doubt We now desire to give to all our members the benefit of this saving and to permit them to use meat except in the one instance where restriction is held. The retention of a meatless Tuesday with nothing forbidden even then, except beef and pork, will work no hardship on anybody. Let me call to the attention of the people of the state the excellent work which the Food Administration is accomplishing in making it so easy for everyone to do his part. At the present the whole work of Food Conservation has practically boiled down to wheat conservation. Of the importance of that we must never loose sight. In wheat lies our national salvation, yet the rules for wheat conservation which our chiefs have given out are so easy that no family need suffer because of them. Keep your Mondays and your Wednesdays and all your breakfasts wheatless and use plentifully Victory Bread at other time—in other words, save all the wheat you can and you will be helping the Food Administration in the very way in which help is needed most.

"With violators of our food rules there need now be no sympathy whatsoever. With meat allowed every day in the week (as mutton and lamb are allowed on Tuesdays and we do not restrict at all on any other day) and with practically no rule to observe outside the wheat conservation rule and a little thoughtfulness in use of sugar and fats we are coming to a point where failure to observe the instructions of our Government can be regarded as nothing short of a wilful desire to obstruct the progress of the cause for whose righteousness we are now contending. Please say to all that the rules must be strictly enforced and inquire rigidly into any violatian which may be reported."

### SUPPLEMENTAL RULES, REGULATIONS
Issued March 7, 1918.

1. If retailer sell whole wheat or graham flour to a customer, he will at same time sell him only six pounds of substitutes with ten pounds of flour. If the sale is to a baker, he need not require him to take any substitutes.

2. Farmer may exchange at the mill wheat of his own growing for flour without buying substitutes under the following conditions:

a. He must agree not to sell the flour.

b. He must certify that he raised the wheat.

c. Mills with a capacity of 75 barrels or more per day, may let him have a supply of flour sufficient for his household requirements for the next thirty days. Mills of smaller capacity may furnish him sufficient quantity for his household until the next harvest is available.

Farmer may buy at mill under the following conditions.

a. He must have substitutes on hand, or must certify that he has bought them elsewhere.

b. He may buy enough for his household requirements for the next thirty days but not over 98 pounds.

3. If retailers sell flour to farmers who have substitutes of their own raising, they must require the farmer to give a written statement to that effect. This statement should be approved by the County Food Administrator before it may be turned over to jobber by retailer to balance another purchase of flour without substitutes.

4. Purchasers of rye flour are not required to buy substitutes with it. Rye flour is not a substitute that can be balanced against a purchase of of wheat flour except that until March 31st bakers may buy it as a substitute at the usual rate of four pounds of wheat flour and one pound of substitute.

5. Until further notice, Tuesday of each week will be the only meatless day and on that day mutton and lamb may be eaten.

6. Be sure to emphasize wheatless days and wheatless meals. We must go slow on wheat flour.

Victory bread may be eaten on wheatless days provided the consumer use it at all times, but it would be manifestly unfair and unpatriotic to eat straight wheat bread on other days and Victory Bread on wheatless days.

7. Profits on flour are limited to 75 cents per barrel for jobbers and 80 cents to $1.20 for retailers.

8. County Food Administrators are advised that all changes in rules and regulations will be announced from this office. Pay no attention to news paper items unless signed by the Federal Food Administration.

J. R. TROTTER,
Director Food Distribution.


**Browning's Delicious Coffee**

COSTS NO MORE BETTER THAN EVER

ASK YOUR NEIGHBOR

Packed by Browning & Haines, Importers New York and Washington since 1840.

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